



SIX SENSES SPA

AT AL BUSTAN PALACE, MUSCAT

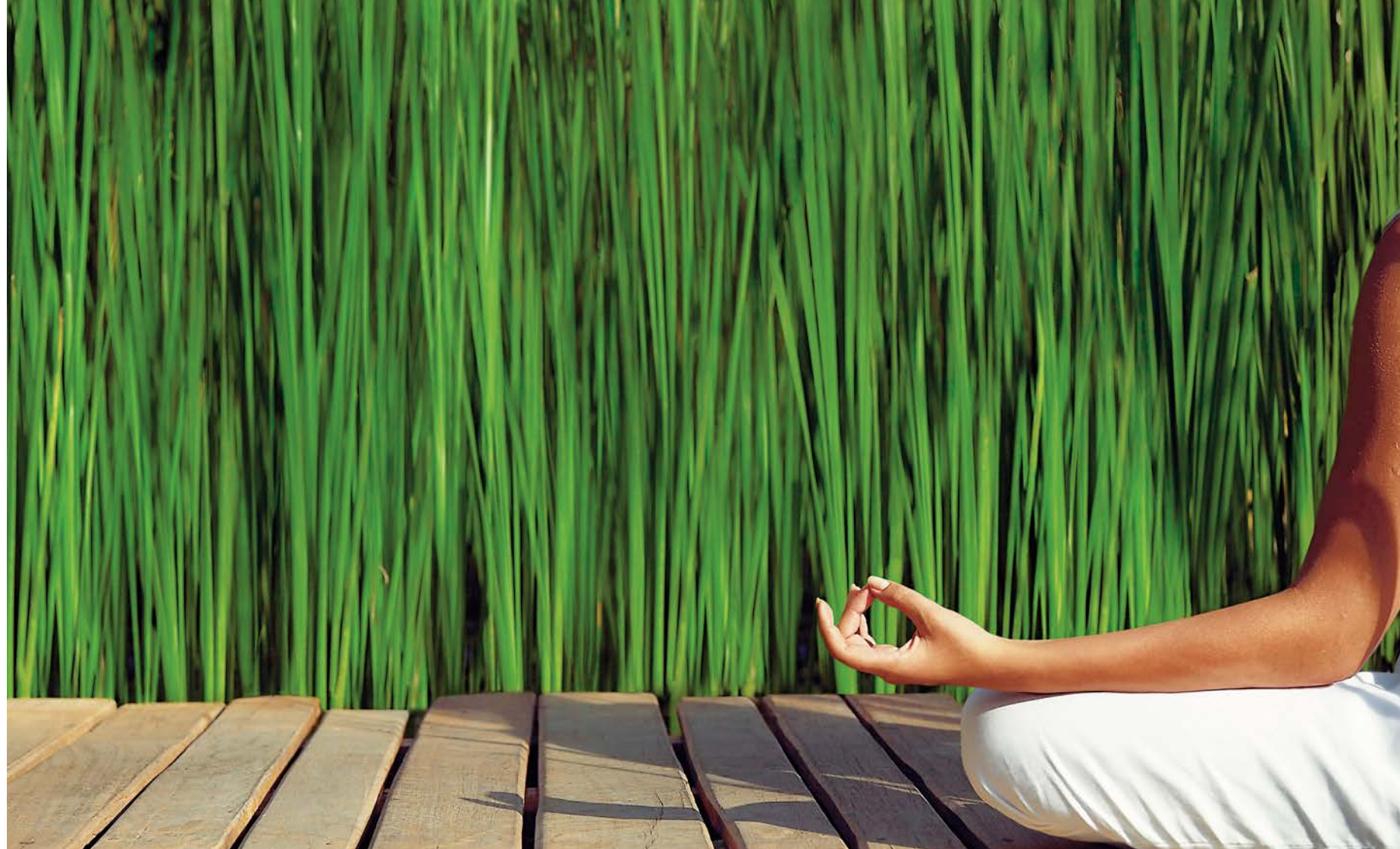
SPA MENU

Wellness is freedom. It's an invitation to explore, to find a clear sense of purpose, to understand what makes life meaningful in pursuit of a healthier and happier you. To live smarter now for a future of living awesome.

Our overarching philosophy, Six Senses Integrated Wellness, provides the best base possible to help you flourish, in tune with your natural flow. You will find an intuitive mix of science and human awareness, where our high-tech and high-touch approach defines a service that is crafted around the individual.

If you wish to go further, our wellness experts can assess your health and lifestyle and recommend a personalized program for you in steps that you feel comfortable with. Move further along your path to well-being, with us cheering you on.

PERSONALIZED WELLNESS





WELLNESS SCREENING, 50 MINUTES

A non-invasive screening which analyzes your key physiological biomarkers and enables our experts to build a personalized program that blends high-tech science with ancient healing traditions, alternative therapies, holistic spa treatments and wellness activities.

If you're already walking the walk along the path, choose one of our wellness programs to help you along the way.

FITNESS

Would you like to improve stamina, tone the body, get fit or address specific movement related concerns? This program focuses on assessing your fitness level and blends high and low intensity training with correcting muscular imbalances and soothing treatments.

SLEEP

Feeling tired, lacking energy, experiencing bouts of cold, suffering from headaches or finding it difficult to handle stress and adversity? Rest the mind and rejuvenate the body by combining practical advice with the many benefits of yoga nidra and meditation, as well as relaxing wellness therapies.

DISCOVER YOGA

Experience a new form of body and mind exercise, release any stress and enjoy improved flexibility plus a stronger and more powerful body. This program combines private sessions of hatha yoga, guided meditation and breathing exercise with signature massages and energy treatments.

Programs of one, two and three days are available. It depends on how much time you have to invest in your well-being.

MASSAGES FACIALS



SIX SENSES SIGNATURE MASSAGES:

Deep Tissue, 60/90 minutes - this massage releases stress, eases muscle tension, boosts circulation and improves mobility, as well as muscle and skin tone. It targets the areas of concern specified by a guest and works therapeutically into deeper muscle layers, addressing trigger points with gentle pressure and release techniques. Silicone cups, hot stones or warm compresses might be used in the treatment, depending on the individual's need.

Detox, 60 minutes - an energizing massage focusing on the areas between the upper legs, glutes, lower back, hips and abdomen. It uses dry brushing and silicone cups to stimulate circulation, improve skin tone and elasticity, and it helps reduce the appearance of cellulite by breaking down adipose tissue and reducing fluid retention.

Holistic, 60/90 minutes - this treatment combines flowing, soothing, rhythmical movements with medium pressure on the specified areas of concern to relieve muscle tension and to bring about a balanced, calm and stress-free state of being.

Movement Restoration, 90 minutes - improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

Tension Soother, 30/60 minutes - a reviving back, neck and shoulders massage using therapeutic trigger techniques to relieve muscle tension and restore mobility and alignment of the back and spine.

Head Massage, 30/60 minutes - a deeply relaxing oil-based massage of head, neck and shoulders using craniosacral techniques to ease tension in the muscles and fascia of the head and upper body, and induce a deep sense of calm.

Relaxed Feet, 30/60 minutes - restore the body's balance and release aches and pressure in the feet with this signature treatment using a fusion of massage techniques on the meridian lines of the legs and zones of the feet.

BALINESE MASSAGE, 50/80 MINUTES

This traditional Balinese massage reawakens the senses and induces a complete state of calm, combining acupressure and skin rolling with firm but smooth massage strokes.

HOT STONE MASSAGE, 50/80 MINUTES

Smooth, rounded basalt stones are gently heated and used by the therapist as extensions of his or her hands. The weight and radiant warmth of the stones induces deep relaxation.

THAI HERBAL COMPRESS, 50/80 MINUTES

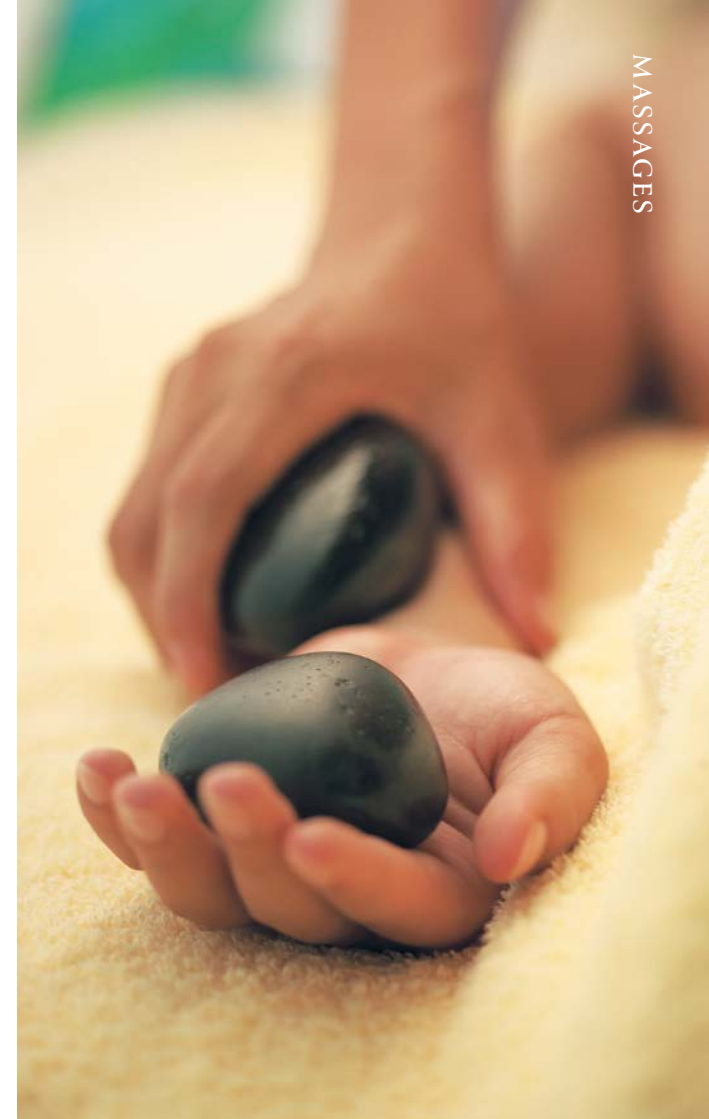
A full body massage using warm poultices applied to specific pressure points to condition skin and induce a sense of well-being.

THAI MASSAGE, 80 MINUTES

Reawaken the body and mind with this energizing treatment combining Thai massage techniques with gentle stretching movements.

PERSONALIZED MASSAGE, 50/80 MINUTES

A fully personalized treatment based on each guest's needs and desired results.





24K GOLD AGE-DEFYING FACIAL, 50/80 MINUTES

Invigorate the skin and restore emotional balance with this exotic facial using the healing properties of mogra, the Queen of Jasmines, to boost collagen production and stimulate cell renewal. Combined with the restorative powers of 24k gold leaf, this sensory experience penetrates and revives the deep layers of the skin, reducing fine lines and wrinkles. This treatment uplifts the spirit and creates a positive glow from inside and out. *Using Subtle Energies.*

SOOTHE AND ENRICH ADVANCED ANTIOXIDANT FACIAL, 50/80 MINUTES

Designed for dry, sensitive or damaged skin, this intensely calming and restorative facial delivers a nutrient rich elixir to revitalize the aging skin. Following a deep cleanse and purification, the skin is infused with advanced antioxidants and essential fatty acids to fight free radical damage, protecting it from the visible signs of aging. The relaxing and soothing marma massage delivers an active serum of neem, coriander seed and rhu khus to increase collagen and hyaluronic acid production, before a botanical hydration mask locks this precious moisture into the skin. *Using Subtle Energies.*

HYDRA-DIAMOND EXFOLIATION FACIAL, 50 MINUTES

Ideal for sun-damaged skin, acne scars, age spots, wrinkles and dull skin with enlarged pores. Densely packed diamonds glide over the skin to exfoliate and remove dead cells. Vitamin infused water hydrates the skin while a customized mask leaves the skin looking instantly brighter. *Using The Organic Pharmacy.*

ROSE CRYSTAL LYMPHATIC FACIAL, 50/80 MINUTES

A deep cleansing facial followed by the application of three masks to decongest, brighten and hydrate the skin. It continues with lymphatic drainage and acupressure massage to firm and reduce puffiness. A relaxing massage of feet, hands, arms and scalp evokes a deep sense of relaxation, leaving the skin fresh and glowing. *Using The Organic Pharmacy.*

VITAMIN C AND PAPAYA ENZYME PEEL FACIAL, 50 MINUTES

Target age spots, pigmentation, fine lines and uneven skin with this facial combining deep cleansing and fruit acid exfoliation to reveal a brighter, nourished and exceptionally smooth complexion. Drainage massage and a hydrating mask stimulate new skin cells and elasticity, leaving the skin with a rejuvenated glow. *Using The Organic Pharmacy.*

MEN'S FACIAL, 50 MINUTES

This rejuvenating facial begins with a deep breathing ritual which is followed by deep cleanse and exfoliation using the Bio Therapeutic system, and the application of two masks. A gentle shoulders, neck and face massage releases muscle tension and balances the skin. This treatment concludes with the application of an age-defying moisturizer for fresher and more balanced looking skin. *Using The Organic Pharmacy.*



BODY TREATMENTS
WELLNESS THERAPIES



SIX SENSES SIGNATURE SCRUBS, 50 MINUTES ✿

Calming - this soothing scrub uses ground rice complex with chamomile and raw cinnamon. Chamomile acts as a muscle relaxant and stress reliever, while cinnamon promotes the healthy flow of energy, calming the body's Qi.

Vitality - this invigorating scrub uses Arabic coffee, cardamom and grapeseed oil. Its warming properties stimulate circulation, leaving you with a feeling of renewed energy.

RASAYANA DETOX BODY BUFF, 50 MINUTES

Detoxify and stimulate the adrenals to provide clarity and grounding. Dead skin cells are buffed away to help reduce cellulite using cinnamon bark and walnut shells blended with tulasi, limbu and wild turmeric. *Using Subtle Energies.*

RASAYANA DETOX BODY WRAP, 80 MINUTES

Revitalize and tone the body with this purifying treatment starting with a zesty exfoliation using essential oils with cinnamon powder and walnut shells. It continues with a mineral-rich clay mask infused with powerful herbs of spiked ginger lily, spirulina and green tea to detoxify the skin. This experience concludes with the application of customized and aromatically infused body butter, lotions or oils to provide intense nourishment, leaving the skin glowing and the body re-energized. *Using Subtle Energies.*

GREEN COFFEE BODY SCULPTING, 50 MINUTES

Reduce puffiness, bloating and improve circulation for a firmer and slimmer silhouette. Focusing on the thighs, waist, tummy and bottom, this treatment starts with dry skin brushing followed by the thermogenic salon-strength chili and coffee oil massage to help break down fat cells. Stimulate the circulation and metabolism with a final application of Resculpting Body Gel. *Using The Organic Pharmacy.*

THE ALCHEMY BAR JOURNEY, 80 MINUTES ✿

Learn how to make a body scrub from locally sourced herbs and ingredients. Afterwards, our therapists use this freshly prepared and organic product in your treatment.

**ROYAL HAMMAM, 80 MINUTES ✿**

Traditional Hammam experience combined with a deeply relaxing back massage to release muscle tension.

Includes: Steam, Hair Wash, Hair Mask, Black Soap with Hammam Mitt, Foaming Body Mask and Back Massage.

SIGNATURE HAMMAM, 50 MINUTES ✿

A cleansing and refreshing experience starting with a scalp ritual including a rejuvenating hair mask. It continues with exfoliation using a black soap and loofah to stimulate and re-hydrate the skin.

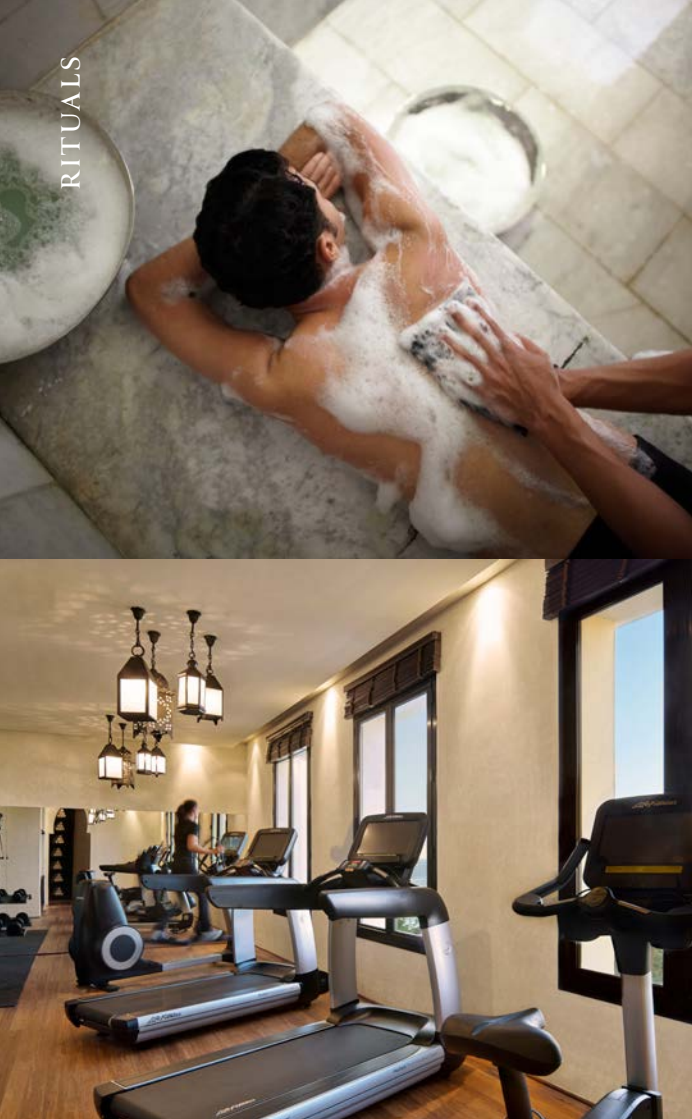
Includes: Steam, Hair Wash, Hair Mask, Black Soap with Hammam Mitt, Foaming Body and Hair Wash.

JET LAG RECOVERY, 50/80 MINUTES ✿

This re-balancing journey combines a full body massage using specially blended oils and a relaxing foot treatment with an eye-lifting mask and head massage to release tension, revive circulation and reset the internal clock. Recommended after traveling.

RITUALS



**SIX SENSES BOOSTER, 3 HOURS**

Cleopatra's Bath
Rasayana Detox Body Wrap
Choice of Relaxed Feet or Head Massage
Rose Crystal Lymphatic Facial
Healthy Juice

ULTIMATE PAMPER, 3 HOURS 10 MINUTES

Signature Hammam
Signature Massage
Hydra-Diamond Exfoliation Facial
Choice of Relaxed Feet or Head Massage

BRIDE TO BE, 4 HOURS 30 MINUTES

Signature Scrub
Signature Massage
Advanced Antioxidant Facial
Manicure
Pedicure

WELLNESS JOURNEY, 100 MINUTES

Wellness Screening
Personalized Massage
Healthy Juice

BEAUTY

MANICURE, 50 MINUTES

NAIL POLISH APPLICATION, 25 MINUTES

PEDICURE, 50/80 MINUTES

WAXING

Underarm, Back, Chest, Stomach, Legs, Arms

FITNESS

FITNESS CONSULTATION, 30 MINUTES

PERSONAL TRAINING, 60 MINUTES

PRIVATE SESSIONS, 60 MINUTES

Yoga, Meditation

GROUP ACTIVITY CLASSES, 60/90MINUTES

Yoga, Meditation, Fitness

SPA ETIQUETTE



SPA OPENING HOURS

Daily 9:30 am to 9:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please contact the spa reception directly. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your locker cabinet before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

We recommend using the sauna and steam, prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

ARRIVAL

Please arrive at least 30 minutes prior to your treatment in order to complete your Lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELLATIONS

Please allow five hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa.

Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

PAYMENT

For hotel guests, all treatments will be charged to your room and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception.

CHILDREN

We love children; however, we recommend that you avoid bringing children younger than 12 years old to the spa. Young guests, 12 to 15 years old, are welcome to enjoy a selection of treatments under the supervision of a guardian.

GYM POLICIES

For your personal safety, we ask that you wear sports shoes.





For more information about Six Senses Spa at Al Bustan Palace, Muscat
T +968 24 764333 Hotel guests, please dial 3030 E reservation-albustan-spa@sixsenses.com
P.O. Box 1998, PC 114, Muttrah, Muscat, Sultanate of Oman
www.sixsenses.com



For more information about Al Bustan Palace, A Ritz-Carlton Hotel
T +968 24 799666